SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .

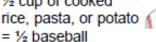
GRAIN PRODUCTS

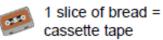


1 cup of cereal flakes = fist

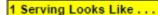
1 pancake = compact 🧞 disc







1 piece of cornbread = bar of soap



VEGETABLES AND FRUIT

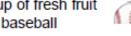
1 cup of salad greens = baseball

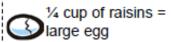


1 baked potato = fist

1 med. fruit = baseball

1/2 cup of fresh fruit = ½ baseball





1 Serving Looks Like . . .

DAIRY AND CHEESE



 $1\frac{1}{2}$ oz. cheese = 4 stacked dice or 2 cheese slices

1/2 cup of ice cream (= ½ baseball

FATS

1 tsp. margarine or spreads = 1 dice

1 Serving Looks Like . . .

MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards



3 oz. grilled/baked fish = checkbook



2 Tbsp. peanut butter = ping pong ball

SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .

GRAIN PRODUCTS



1 cup of cereal flakes = fist

1 pancake = compact disc



½ cup of cooked rice, pasta, or potato 6 = ½ baseball



1 slice of bread = cassette tape

1 piece of cornbread = bar of soap

1 Serving Looks Like . . .

VEGETABLES AND FRUIT

1 cup of salad greens = baseball



1 baked potato = fist

1 med. fruit = baseball

1/2 cup of fresh fruit = ½ baseball



1/4 cup of raisins = large egg

1 Serving Looks Like . . .

DAIRY AND CHEESE



 $1\frac{1}{2}$ oz. cheese = 4 stacked dice or 2 cheese slices

FATS

1/2 cup of ice cream (= 1/2 baseball



1 tsp. margarine or spreads = 1 dice

1 Serving Looks Like . . .

MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards



3 oz. grilled/baked fish = checkbook



2 Tbsp. peanut butter = ping pong ball